

**LCSD**  
**High School**  
**Breakfast Menu**



**September**  
**2022**

**Daily Breakfast Entrees**

Monday	Tuesday	Wednesday	Thursday	Friday
Choc Chip Breakfast Round	Fruit Smoothie w/Lil' Graham Squares	Warm Fruit Muffin Top	Fruit & Yogurt Parfait	Egg & Cheese Muffin

*A Variety of Fresh & Canned Fruit, Low-Fat and Fat Free Milk Served Daily with Breakfast*



Please Remember 1 of your daily breakfast choice must be 1/2 cup of fruit



Assorted Cereal Served Daily w/WW Toast	Bee Kind		Welcome BACK TO School	
5 No School	6 Cherry Frudel (v)	7 Egg & Cheese Breakfast Sandwich	8 Pancakes w/Sausage & Syrup	9 Fresh Baked Cinnamon Roll w/Icing
12 Egg & Cheese Quesadilla	13 Pancake Bites with Cinnamon & Sugar	14 Sausage & Cheese Breakfast Sandwich	15 Apple Frudel (v)	16 Scratch Made French Toast
19 Waffles w/Fruit Compote	20 Turkey Sausage Breakfast Pizza	21 Breakfast Bowl w/Toast	22 Build Your Own Oatmeal Bowl	23 WG Cinnamon Roll w/Icing
26 Build Your Own Yogurt Bowl	27 Mini Maple Waffles	28 Bagel w/Cream Cheese	29 Ham & Cheese Breakfast Sandwich	30 Berry Muffin Tops

*WW Toast served daily with Assorted Cereals, Cereal Bars & Oatmeal*

This Institution is an equal opportunity provider

Menu Is Subject to Change

**All Students K-12 Eat Breakfast & Lunch at No  
Charge to the Student**